

Zumba for All Ages and Abilities

Gulf Shores Senior Center

*Call 968-1434 to sign up
6 week introductory course begins
Thursday October 15th @ 8:30 am
1st class free - October 15th only*



*Zumba Gold improves balance, flexibility and
cardiovascular strength with its unique blend
of Latin inspired music and dance steps*

*Cost \$5.00 per class
Free with full or aerobic membership*